

## Claims

1. A method of exercising a hand, said hand including fingers and a palm, said method including the steps of

(a) providing a doughnut-shaped, compressible, elastic exercise apparatus, said exercise apparatus having a deformability which permits one portion of the apparatus to be rotated by the fingers while another portion of the apparatus is stationary;

(b) grasping the exercise apparatus in the hand between the fingers and palm such that a first portion of the apparatus is grasped by the fingers and a second portion of the apparatus nests in the palm of the hand;

(c) using the fingers to simultaneously

- (i) displace said first portion toward said second portion, and
- (ii) rotate said first portion while said second portion generally remains nested in and is prevented from rotating by the palm.